



NEW COMMUNITY CLARION

SERVING THE PEOPLE OF BABYLAND - St. ROSE OF LIMA & NEW COMMUNITY



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Strategic Planning Retreat For St. Rose Of Lima School

Nearly 30 participants from the NCC Network attended a Strategic Planning Retreat from February 16-18 to set a direction for the future of St. Rose of Lima School. The specially assembled team convened at the IBM Advanced Business Institute in Palisades, N.Y. The facility, set in 106 wooded acres near Palisades Interstate Park, is a world-class hotel and conference center. Participants enjoyed the comfortable single guest rooms, the state of the art classroom, accessibility to IBM technology, glass-surrounded coffee pavilions, and top-notch cuisine and service.

A Diverse Group Brings Rich Backgrounds

Participants from St. Rose Administration included: Arthur Wilson,



Former and present students joined in the planning.

Emily Ross-Jukes, Sister Dolores Russo, SCH, and Sister Joan Hornick, ASC. Faculty members, representing grades ranging from one through eight, were: Martha Richards, 1st; Andrew Uche, 5th; Camillus Ventour, 6th; Remington London, 7th; and Elbert Woodson, 8th. The St. Rose School Board was represented by Tony Kolasa, Frances Scullin, Lynn Mertz and Sister Anastasia Hearne, SSJ. School parents attending were Maida

Avellanet, Joyce Cook and Billy Sweeting.

New Community Foundation Chairman Jack Mullen attended, as did Maureen Broglia, Geraldine Brunner, and Lois Mancuso. The NCC Board was represented by Mgr. William Linder and Mary P. Smith. Sisters Catherine Moran, OP and Barbara Boyle, SSJ, both former educators, also represented NCC, as did Larry

(Continued on back page)

Martin Luther King Exhibit And Lecture Series

Six months ago, people asked the question, "What does 'Countdown to Eternity' mean and what has it got to do with Dr. King?"

After six weeks of events, lectures, discussions, and quiet private moments with the pictures, here are some reflections:

"It gave me an opportunity to remember history...what I had experienced first hand as a youth. It saddened me that I was aware of Dr. King's great works, yet the youth of today are not. It reminded me of how far we've come...and how far we have yet to come...it reminded me of brotherhood and sisterhood and the need for economic empowerment," Gayle Chaneyfield.

"It brought back memories. I could see how far we've come. The pictures were very touching and it was a great way to show the kids what Dr. King and civil rights was all about and can be about today," Lemira Reese.

"It was very positive. I saw scenes I have never seen before. It showed that people still care about him; that his dream lives on. When my friends looked at the pictures they were struck by the intimate pictures of him with his family and the funeral scenes," Orlando Simmons.

"In viewing the exhibition, I relived the civil rights movement and the portrayal of the last year of Dr. King's life was very profound. The exhibit from Newark was disturbing — the

devastation was incredible. Newark 28 years ago — how far have we come? The lecture series was quite educational. The group discussion on the past was informative — hearing from the senior citizens and their reflections on the political climate then and now was insightful," Larry Goldston.

"It was a reminder to me of all that was left to be done. It was an inspiration to carry on King's dream. I found it very informative — I didn't realize how much I didn't know about Dr. King and civil rights. It was a chance to renew my personal commitment to social justice. I learned so much at the lectures," Pat Chisholm.

"About the lecture series, it has to continue. We have to continue the dialogue," Elma Bateman.

The photo exhibit brought together various groups of people who would not have otherwise come together. The panel discussions, lecture series, and group discussion gave people the opportunity to fill in gaps in their learning, to reflect on the past, and "re-charge" their batteries to pursue the work that's ahead of them.

We are very grateful to the Ford Foundation and to Manchester Craftsmen Guild in Pittsburgh for making this photo exhibit possible. Photographer Ben Fernandez truly captured a countdown to eternity and we feel fortunate to have been a participant. It's now time to prepare for the next thirty years!

Photographs on page 3.

It's The Clarion's 12th Anniversary!

We Keep The
Community Informed

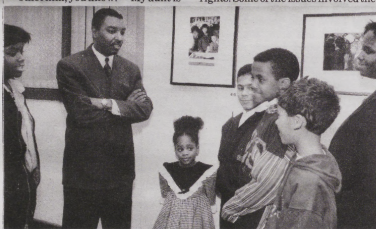
We Were There: A Discussion Of Newark In The 60's

For the last six weeks, more than 1,700 people viewed the exhibit. Occasionally one would notice a few friends clustering in a corner, stuck on a particular photo, caught in a deep discussion. The greeters would find themselves talking with the visitors — because after viewing the pictures, the visitors felt compelled to share their reflections with someone.

"I met him, you know..." My aunt is

together, and worked together to get their beliefs heard. They were also impressed to see some of the young leaders of then grow up to be so successful.

Annae Sheppard, a Rutgers Law professor, recalled her days with Legal Aide, working with many of the same people who were gathered that night, as they fought for their rights. Some of the issues involved the



Rev. DeForest "Buster" Soaries confers with youngsters viewing the Martin Luther King photo exhibit. Rev. Soaries spoke to the youths about continuing Dr. King's work in present day society.

in that picture upstairs." "My dad helped distribute food when the city was shut down." "Kids today don't know what it was all about."

Therefore, it only seemed fitting to have our last event be a discussion — campfire style, if you will with people who were there. It was important to remember what Newark was like in the 60's and equally important to try and take that information and discern what lessons can be gleaned for tomorrow.

Approximately 100 people filled the Atrium, and under the exceptional moderation of Bob Curvin, all who wanted to say something were heard, and the focus was maintained.

Some senior citizens reflected on the commitment they felt; they stuck

police department, and challenging the board of education.

A number of the youth who attended appreciated hearing first hand what their elders had done — yet wondered if they would have had the courage.

But what's happened since? Where are today's leaders? People spoke of polarized communities, poor economic conditions, drugs.

The deep emotion felt was striking. It became clear that communication within the community must continue. Bridges must be mended with those who used to be allies. There is a need to find the young leaders of today — people who believe in civil rights and are dedicated to its cause.

Lynn Mertz

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HEALTH CARE REFORM NEEDED

There are 38 million people in America not covered by any health care plan.

We support President Clinton's health care reform plan to bring universal coverage. A plan without universal coverage is no plan at all.

Hayes Homes HOPE Project Some Questions And Answers

The following questions and answers were developed to better communicate the Hayes Homes project:

QUESTION: What kind of housing can I get at New Community's Hayes Homes "HOPE" Project?

ANSWER: As you may know, New Community is taking two abandoned buildings from the Newark Housing Authority's Hayes Homes complex (buildings #9 and #10). These buildings are 12-story elevator buildings. Using money that the U.S. Dept. of Housing and Urban Development is making available under its "HOPE I" program, NCC will fully rehabilitate and refurbish these two high-rise buildings.

QUESTION: Where are these two buildings that are now vacant?

ANSWER: They are along Irvine Turner Boulevard, on the far end of the Hayes Homes complex. They are directly across the street from the new low-rise townhouse buildings that the Housing Authority is building.

QUESTION: What kind of apartments are available?

ANSWER: There will be 98 two-bedroom apartments and 108 three-bedroom apartments available. The two bedroom unit will be for two, three or four member families, the three bedroom units will be for four, five or six member families. These apartments will be redesigned in keeping with modern standards.

QUESTION: What other amenities will there be?

Contribute to the Msgr. William J. Linder Scholarship Fund

Your \$\$\$ Can Have a Lasting Impact on a Young Life!

For many bright, talented young people in this area, alternative education offers the only real opportunity for quality learning. Unfortunately, students who would benefit the most from alternative education are often the least able to afford the tuition.

The Msgr. William J. Linder Scholarship Fund was created to give such young people access to alternative educational institutions that are committed to preparing and motivating students for future achievement.

By contributing to the Fund, you can have a direct, personal impact on the life of a young person. For more information, contact Lynn Mertz at Fund Development (201) 623-0682.

THE NEW COMMUNITY CLARION

The N.C. Clarion is published the first week of each month as a community service. The Editor reserves the right to withhold articles and photographs once they are submitted. Opinions expressed in columns are those of the author and do not necessarily represent the views of the newspaper. Articles are appreciated by any and all concerned. Published by 15th of each month
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ANSWER: On the first floor of one building, there will be a community meeting room and laundry room; in the other will be a daycare center, medical examining clinic and managers office. There will be a parking lot and an outdoor play area, along with some landscaping.

QUESTION: What about security?

ANSWER: Each building will have a single entrance with 24-hour security. All visitors will need express authorization of tenants or manager. The security stations will be located to enable a wide range of outdoor visual surveillance, supplemented by camera monitoring of less visible areas.

QUESTION: Who is going to own these two buildings?

ANSWER: They are going to be owned by the people who live in them.

QUESTION: How is that going to work?

ANSWER: Many high-rise buildings are owned by the people who live in them. The arrangement can then be a "condominium" arrangement or a "co-op" arrangement. There are some legal differences between these two arrangements, but basically, each family living in the building owns their apartment and shares ownership of the building's common areas, mechanical facilities and grounds. They are responsible to maintain the building, provide security, do the paperwork, pay property taxes, etc.

QUESTION: I wouldn't know very much about how to maintain a big building like that. How do tenants who own buildings do it?

ANSWER: The tenants usually get together and form a tenants management organization, where every family gets a vote as to how things are done. Then this organization usually hires a corporation that knows how to manage and maintain buildings. That corporation supplies people who provide security, repair and maintain things, take care of paperwork, etc.

QUESTION: What if a family wants to move?

ANSWER: They can sell their apartment to someone else who would want to live there.

QUESTION: So, if I own my apartment, do I have to pay rent?

ANSWER: There is no landlord, so you don't have to pay any rent. However, you do have to pay off any loan (mortgage) that you take to buy your apartment. Also, you have to pay the management company for your share of its expenses in taking care of your building, and you are still liable for property taxes. So, you will still be paying out something every month.

QUESTION: Why is this better than renting from a landlord?

ANSWER: Because you and all of your neighbors have a stake in the ownership of the building. If you take care of it and maintain it properly, it will become valuable. Other people will want to live there, so if you ever decide to move, you can sell your building for a good price, assuming that you and your neighbors take care of it.

QUESTION: What if some of my neighbors don't take care of the building? What if they become destructive, or bring in crime and drug problems?

ANSWER: You will have to work closely with your neighbors and your management company to see that the building is kept up, that security is maintained, that problems aren't being brought into the building, and that proper steps are taken when someone is disturbing your building. That is what the tenant's organization is for. When

Hayes Homes Planning Committee Meets

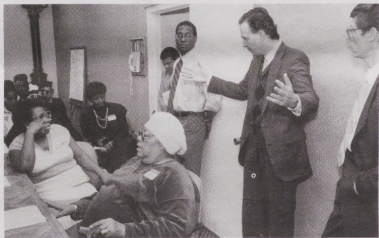
The Hayes Homes Planning Committee held its first planning session to the delight of Hayes Homes residents and New Community.

The focus of the first meeting was to give an overview to tenants on how New Community and its Network works. The ideas and plans for the future of buildings 9 and 10 were discussed with the goal of implementation of services to Hayes Homes.

Presentations from the New Com-

munity Development Department, Social Services, Security, Comprehensive Employment and Training (CET), Babyland (day care) and our health care department were delivered.

The future vision of Hayes Homes was the focal point of committee members. Implementation of the developing of buildings 9 and 10 into a model homeownership residential community for low income families swept the meeting with enthusiasm.



New Community's development staff (standing left to right) Larry Goldston, Raymond Coday and Jim Gerofsky met with Hayes Homes residents to discuss the variety of services that will become available to tenants in the model home ownership residential community.

you rent from a landlord, you or your neighbors aren't responsible, other than to report problems in your own apartment. Now, you will be the eyes and ears of the whole complex. You will have the responsibility and the power to get things done. NCC will help by providing a security office, personnel on site, and the assistance of an attorney.

QUESTION: This sounds like a lot of work. Why am I better off here as compared to renting from a landlord?

ANSWER: Again, you have the power to make things happen. The management company works for you. If you put the effort into it, you will have something that is valuable, something that is worth real money. You will have a building that is well maintained and livable. You won't be at the mercy of a landlord who may not be interested in keeping the building up for the long run.

QUESTION: Does this really work in other places?

ANSWER: Yes. There are many high-rise condominiums and co-op buildings that are very good places to live.

QUESTION: How much is it going to cost me to get into Hayes Homes?

ANSWER: Very little. If you qualify to get an apartment there, we may ask you to put up a little bit of money to show your good faith—say somewhere between \$100 and \$1,000, based upon your family's ability to pay.

QUESTION: You said something before about getting a mortgage. Do I have to go out and get a mortgage?

ANSWER: You will be responsible to make the monthly payments on a mortgage, but we will be responsible to get that mortgage for you. When we take your application, we will ask certain things that will help us to do that. If you are selected, you can assume that we have determined that you are qualified for a mortgage.

QUESTION: What kinds of questions will you ask me?

ANSWER: The most important questions regard your family's total income, whether you are working and have a steady source of income. We will also need to know if you are pay-

ing any big debts off, things that might interfere with your ability to pay.

QUESTION: What if I have some debt, or my job is not steady? Does that automatically disqualify me?

ANSWER: No. NCC's counselors will work with you to help you put your family's finances in order, so that you could become involved in the Hayes Homes HOPE program. They will also help you to take steps to improve your job situation, such as career training and help getting a better job.

QUESTION: Is it going to cost me something to get that mortgage?

ANSWER: No, NCC and HUD will pay all the fees related to the mortgage. You are responsible, though, to make the monthly payments.

QUESTION: How do I know that I can afford such a mortgage?

ANSWER: When you apply to live at the new Hayes Homes, we will take information about your family's income. We will tailor your mortgage questions so that you can afford them.

QUESTION: How about the other costs you mentioned, like property taxes and building upkeep and security?

ANSWER: We will factor all of that in determining how much your family can pay each month. The total of mortgage and costs cannot be higher than 30% of your income each month. This would be the same formula that is used to determine your rent if you live in subsidized housing (public housing, Section 8, etc.).

QUESTION: In real money, what does that come to?

ANSWER: The monthly maintenance fees will be about \$425 per month. The additional amount that goes for paying the mortgage will be determined based upon the family's ability to pay.

QUESTION: So that means that I will have to pay at least \$425 per month? What if I can't afford that?

ANSWER: We are reserving 25% of our apartments, or 52 out of the 206 total apartments available, for people who can't meet that. HUD will provide rental subsidies so that we can take people with lower incomes. We will tailor these rents to the family's ability to pay, and we can go as low as \$150 per month, similar to what some families pay in public housing.

"Countdown To Eternity" Exhibit And Lecture Series...

The name "Countdown To Eternity" came from photographer Ben Fernandez' relationship with King which began from an assignment in 1967 and ended with his funeral the following year.



The Atrium at St. Joseph Plaza was often filled to capacity during the six week lecture series.



Camden Frecholder Aletha Wright (far left) joins Essex County Surrogate Maria Vizcarrondo-DeSoto (center) and NCC Director of Human Services Florence Williams (right) in admiring the photo exhibit.



PSE&G's Felicia Wade explains one of the photos to 8 year old Alicia Torrez.



So. Orange Middle School faculty member, Ms. Johanna Wright (far right), explains the historical significance of the exhibit to students Jazmine Wright, Carl Thompson and James Wilson.



Essex County Sheriff Armando Fontoura and Newark Police Director William Celester take in a lecture.



10 year olds James Kinney and Al-Tarik Morton consult the brochure for more information about a particular photo. Assisting them is PSE&G's Don Osbourne.



Essex County Deputy Director of Narcotics Jim DuBose recognizes another familiar face among the photos as President of the Newark Bronze Shields, Sheila Fitts, looks on.



Congressman Donald Payne discussed the history of Newark politicians during his lecture.



(Left to right) Yakini Johnson, Ariyan Dawson and Igor Xavier from the So. Orange Middle School marvel at the styles worn in 1967.



Msgr. Linder spoke about the future during his lecture.

Exploring Parenting At Babyland's Headstart Parent/Child Center

Being a parent is probably the toughest job in the world and the one for which there is the least training. It is important to provide worthwhile educational material and other forms of support to our parents in this most awesome, wonderful and certainly challenging task.

The parents at Babyland I and IV Parent-Child Center Program will, therefore, be introduced to the Head Start Curriculum entitled EXPLORING PARENTING. The parents will participate weekly in this special program which will help develop their

parenting skills.

Parents will be enabled to:

- Get to know themselves better
- Get to know their child better

They will be taught to use this knowledge in making decisions about how to best raise their child.

Parents will be helped to understand and use a variety of methods to foster learning development for their child and be a better parent.

Sister Suzanne Janis

Parent-Child Center

Parent Involvement Coordinator

Babyland Teen Parent 2nd Annual Kwanzaa Celebration

Babyland Nursery Inc. Head Start and Family Child Development Programs celebrated Kwanzaa in "Cultural Style." The festive occasion took place at The Priory Restaurant at St. Joseph Plaza. The young women and men came dressed in the African colors of red, black and green. Some even had authentic African garments.

Head Start Director Gina Ogburn expressed her excitement and pride in the teen parents as they assumed responsible roles in planning and participating in the program. Patricia Montrevil a 17 year old Head Start parent was the mistress of ceremonies. She projected herself with poise and grace — a true African Princess!

The program was highlighted with a cultural fashion show, original

poetry readings by parents Takeya Neblett and Charmaine Lundford. Creativity was exhibited with a showcase of African clothing, oils, incense, jewelry, toys and books. The Karamu (feast) was enjoyed by all. Compliments to The Priory Restaurant for their cultural menu.

This was the 2nd Annual Kwanzaa Celebration. The parents have learned even more about their culture, ethics and values. They have become even more dedicated to their children and the community at large. Hopefully they will implement Kwanzaa into their daily lives.

Harambee (Let's all pull together).

Gina M. Ogburn

Head Start Program Director

Babyland Celebrates Black History Month Contributions

On Thursday, February 17, 1994, the Babyland Nursery celebrated Black History in song, fashion and food.

The photographs of famous African Americans and brief descriptions of their contributions were displayed and

discussed with the little ones. The 3 and 4-year olds sang old African American hymns, including the African national anthem and the cafeteria provided ethnic foods for children, staff and parents who were invited to wear ethnic attire on that day.



Wearing traditional African attire, Miss Mattie discusses different cultures with her young charges at Babyland III.

Babyland Health Program Helps Pregnant Teens

Babyland Nursery Parent Child Center Program is presently taking applications for their Pregnant Teen Program. This program is for teenage pregnant girls between the ages of 14 years to 18 years who are in high school. The program is designed to ensure pregnant teenagers are getting the services needed to have a healthy baby. We monitor the expectant parents' prenatal care and nutritional intake. Workshops are offered weekly on such topics as the importance of prenatal care, the stages of labor, fetal development, proper feeding and cop-

ing with stress during your pregnancy.

The expectant parents are also taken on trips to hospital where they are given a tour of the labor and delivery room. Through our social service staff, the girls are linked with W.I.C., welfare and medicaid if needed. Upon the birth of their child, they will receive childcare so that they can continue on with their high school education. All services are free of charge.

For those with questions/referrals contact Shonda or Pam at (201) 399-3400.



To keep their sanity, New Community Extended Care staffers went outside and engaged themselves in a good old fashioned snowball fight.



Teen parents joined together for their 2nd annual Kwanzaa celebration at The Priory Restaurant. This culturally enriching event was highlighted by a candle lighting ceremony, seen here.

March Mother Of The Month Wants To Study Physical Therapy

Fabianka Pierre has been selected as this month's Mother of the Month.

Fabianka is 17 years old with a 1 year old daughter named Samantha Jules. Fabianka is the oldest of five children.

Samantha attends Babyland Nursery while Fabianka completes her high school education. She is a junior at Irvington High School. At school, Fabianka is on the Student Council and is also a Homeroom Representative.

Upon completion of high school, Fabianka plans on becoming a Physical Therapist. She attributes this choice of occupation to her brother Patrick Pierre, who suffers from Cerebral Palsy. Fabianka often takes care of her brother and attends physical therapy sessions with him. As a result of this she often volunteers at the Cerebral Palsy School in Belleville during the summer.

Fabianka enrolled in the program last year wishing to learn interesting and motivating things about being a parent. She has participated in many workshops about parenting which she has found useful. She has been selected as a parent representative on the Head Start Parent Involvement



Fabianka Pierre and her daughter, Samantha.

Advisory Committee. She participated in our Kwanzaa Celebration and has donated needed items to the Parent Child Center Program.

Shonda Laurel

Social Service Coordinator

Babyland III Open House And Storybook Express Book Fair

At our Open House on March 7-12, parents may visit classrooms and talk with their children's Caregivers. We'll also have the best in new and well-known children's books, age-appropriate for early childhood.

Parents and children are invited to select books for reading together and independently at the Book Fair which

is a fund raising effort. You will have the opportunity to choose from a wonderful assortment of early childhood books from March 1-31, 1994. Your participation in this fundraising effort is greatly appreciated.

Call Babyland III — (201) 623-8016 for information about the times and books available.

Harmony House Basketball Team Finishes Strong

The Harmony House Basketball Team finished their 1993-1994 season with an impressive record of 7-3. The team participated in the UCC Basketball League. All games were held on Saturdays at the West Side Park Recreation Center.

The Harmony House record was the season's best in the league and they were second in the Eastern Conference. The team began their season with one victory and one loss. However, they went on to finish the regular season by winning six of their next eight games.

Harmony House reached the second round of the playoffs and lost a close, competitive game to the UCC Celtics. The final score was UCC Celtics 24

and Harmony House 23.

Despite the outcome of the playoff game, Harmony House had a terrific season. "We had a good season," said Colleaf Andrews, who played center for Harmony House. "In my heart, I feel that we are the best team in the league." Everyone at Harmony House applauds the team's maturity and dedication.

Special congratulations to team members: Jimmy Smallwood, David James, Colleaf Andrews, Jeremy McRae, Leon Jackson, Al Ray, William Moore, and David Braxton, as well as to the coaching staff: Manual Burse, Michelle Tucker, Fritz Prophete and Rahiem Grimsley.



The Harmony House basketball team finished their season with a most impressive record. Congratulations to the hard working team members and dedicated coaching staff.

Health Care Fields Educational Needs Addressed

On February 16th, Vickie Ann Grosso, Chairman, Department of Nursing, Essex County College, addressed New Community Extended Care Facility employees and Center for Employment & Training Home Health Aide students.

Topics discussed were the various career options in the Allied Health Career Field, educational requirements for these options and how to obtain these requirements. Essex County Community College will be offering their entry skills examination

on the 19th and 26th of March. This will be a free examination, followed by individual counseling by the Nursing Staff.

The Center for Employment Training Skills Lab will be opening on March 21st, on 35 Halsey Street in Newark. The Lab will be opened to all NCC employees who desire to improve their basic skills based on the Essex County College skills test results or to better prepare themselves for a General Equivalency Diploma (GED).



Vickie Ann Grosso addresses employees and CET students concerning options for a future in the health care field.

An Interactive Forum — Building Communities: Together

On January 31, 1994, The Department of Housing and Urban Development convened an interactive forum dedicated to "Building Communities: Together" in New York.

The intent of the forum was to develop a productive network of partnerships among all the federal, state and local governments and the public and private sectors in response to President Clinton's Executive Order calling for an end to the cycle of homelessness.

Speakers included Tipper Gore, wife of Vice-President Al Gore and Andrew Cuomo, Assistant Secretary of HUD, who presented the plight of the homeless and the federal plan.

The five (5) break-out sessions gave the forum attendees an opportunity to receive and give feedback on HUD in-

itiatives i.e. federal plan, affordable housing, McKinney programs and economic empowerment and development.

Jeanette Page-Hawkins, Administrator of New Community Harmony House, June Rodriguez-Simmons, Assistant Administrator and Stephanie Barnett, New Community Employment Training Counselor participated in the break-out sessions as panelists.

The New York Interactive Forum was one of several that have been held throughout the nation to involve local governments, public and non-profit sectors in the partnership to rebuild our communities.

Jeanette Page-Hawkins
Administrator

Children Making The Grade

These are just a few of the children at New Community Harmony House that we would like to give recognition for their report cards:

Angelina Puryear second grader attends Nassau Elementary School in East Orange. Angelina received straight A's on her report card, mastering all of her subjects. Ebony Thomas a fourth grader attends Franklin School, East Orange. She has done well receiving A's and B's. She is an honor roll student.

Angelina and Ebony attend the After School program at New Community Harmony House. They par-



Harmony House recognizes outstanding student achievers, Angelina Puryear and Ebony Thomas.

ticipate in recreational activities. Most importantly they receive tutoring and homework assistance provided by Community Volunteers.

We have good reason to be proud of these children. They continue to stay focused on their school work despite their hardships. They also manage to maintain positive attitudes. These children are applying effort and pressing on to achieve academic excellence.

As long as they continue to strive and realize the importance of education they will reap their rewards later on in life. Keep up the good work.

Joann Williams
VISTA

"Character — the willingness to accept responsibility for one's own life — is the source from which self-respect springs."

—Joan Didion

"Women share with men the need for personal success, even the taste of power, and no longer are we willing to satisfy those needs through the achievements of surrogates, whether husbands, children, or merely role models."

—Elizabeth Dole

Harmony House Volunteer Is Making A Difference

Lisa McGowan is a very special young woman, who is sensitive to the needs of others. Along with our other volunteers, she is making a difference in the lives of the children at New Community Harmony House Transitional Homeless facility. She



Volunteer Lisa McGowan brightens the day for the students she tutors at Harmony House.

volunteers as a tutor to help the children with their homework assignments, as well as being a positive role model for them. She is also someone they can talk to.

Ms. McGowan is generous and patient enough to take time out of her busy schedule to help homeless children. She works and is a student at Seton Hall University.

Lisa says the reasons that she volunteers is "because it's rewarding and it gives me a sense of fulfillment." But most of all, she enjoys being with the children.

We would like to take this time to thank her and all of our Volunteers for caring.

Thank you!

New Community
Harmony House Staff

Sweet Honey At Symphony Hall

These days the voice as a dominant instrument is finding new favor among music lovers and the group that has been central to this development within the contemporary music scene is a quintet of electrifying vocalists, Sweet Honey In The Rock. Singing unaccompanied except for body and hand percussion instruments, this ensemble of African American women singers has in seventeen years built a solid international reputation and following. The strength of Sweet Honey lies within her sound and repertoire that is rooted in the tradition of African American congregational choral style and branches to embrace its many extensions. One hears the moan of the blues, the power of early twentieth century gospel, echoes of the community quartet, jazz choir and vocalizations freshly tinged with blues and church melodic and harmonic runs and more. A Sweet Honey In The

Rock concert is a transforming experience, drenching her audiences with harmonies charged with changing rhythms, switching leads, leaping and dancing, she creates breathtaking music.

Sweet Honey In The Rock is presented in Newark by The Carter G. Woodson Foundation's Overture in New Jersey series. They will perform in concert on Friday, March 11, 8:00 p.m. at Newark Symphony Hall. For tickets at \$20.00, call 242-8110.

For your dining pleasure before the concert, The Priory Restaurant offers a special treat for all Sweet Honey In The Rock ticket holders: 25% discount off your dinner check (excluding alcoholic beverages, tax, and gratuity). Show your tickets or confirmation of purchase. The Priory is located at 233 West Market St. and opens at 5:00 p.m. Reservations are suggested, 242-8012.

Top Jazz Acts Perform For Priory Sunday Brunch



Ronnell Bey

The Priory Restaurant at St. Joseph Plaza is pleased to announce a new line-up of jazz talent to perform at their popular Sunday Brunch. The Brunch features a buffet of breakfast and lunch foods that is served from 9:30 a.m.-3:00 p.m. for \$12.95 for adults and kids under 12 eat for half-price. The Brunch is served with a complimentary glass of champagne and "live" jazz music.

The new jazz series, under the artistic guidance of saxophonist Bradford Hayes, begins at 10:00 a.m. and the March schedule stars a group of Trios with some of the areas most well-known musicians and singers: March

6, The Ronnell Bey Trio; March 13, Iqua and Steve Colson Trio; March 20, The Bradford Hayes Trio; and March 27, Lady CiCi and her Trio.

The Priory Restaurant is also open weekdays for a \$6.95 lunch buffet, 11:30 a.m.-3:00 p.m.; for ala carte dining Tuesday through Sunday, 5:00 p.m.-10:00 p.m. For all your dining reservations (201) 242-8012.



Bradford Hayes

Classic String Quartet At Bethany Baptist

What better way for you and your family to spend a Sunday afternoon than enjoying a delicious brunch at The Priory Restaurant and then walking across the street to the Bethany Baptist Church to hear a classical music recital with the Anderson String Quartet. The concert is being presented by the New Jersey Symphony Orchestra on March 20 at 3:00 p.m.

The award-winning musical group, founded in 1989, performs extensively across the United States and Europe, including a 1993 recital at Kennedy Center as part of the Presidential Inauguration. The members of the group are Marianne Henry and Marisa McLeod, violins, Diedra Lawrence, viola, and Michael Cameron, cello. McLeod is a Newarker who studied with Oscar Ravina at Montclair State College and taught in the Newark Community School of the Arts.

The Quartet chose its name in honor of one of the century's most celebrated contraltos and a moral inspiration for three generations of Americans, Marian Anderson. Her history was made in 1939 when Anderson was denied the use of Constitution Hall in Washington, D.C., on account of her race. Instead, Eleanor Roosevelt arranged for her to perform on the steps of the Lincoln Memorial, which attracted an audience of over 75,000 and made international news.

"Miss Anderson was a figure of greatness in a very racist time. Instead of taking a radical stand, she put her music first and let the music speak for her. After reading her autobiography, we agreed that her example best represents our own view that the music should be our focal point. So we felt that the quartet should be named for her and she graciously gave us permission," explains quartet violinist Marisa McLeod.

Tickets for the concert are available by calling 624-8203. They are \$10.00 per person or you may purchase a family package for \$25.00 which includes two adults and two children's tickets.



The Anderson String Quartet

For Sunday brunch reservations at The Priory Restaurant call 242-8012. The brunch is served from 9:30 a.m.-3:00 p.m., \$12.95 for adults and half-price for children under twelve.

Library Offers Free Tax Help

The Newark Public Library, at 5 Washington Street, has two programs that will provide free help for individuals in preparing their tax returns.

Tax Counseling for the Elderly Program provides IRS-trained volunteers from the American Association of Retired Persons to assist seniors in preparing their returns. The assistance will be provided in the fourth-floor auditorium each Monday through April 11, from 10:00 a.m.-2:00 p.m. To make an appointment call 733-7734.

The Accounts for the Public Interest, Rutgers Chapter, will provide help for any individual to prepare their tax return: Saturdays from 9:00 a.m.-Noon and Wednesdays 5:00 p.m.-7:00 p.m. in the Library's Second Floor Gallery. For further information call 733-7793.



Sweet Honey In The Rock voices Ysaye M. Barnwell, Shirley Childress Johnson, Nitanja Bolade Casel, Carol Maillard, Aisha Kahil and Bernice Johnson Reagan.

Exhibition Explores The Ancient Kingdoms Of Nubia

Over three hundred objects are on view at The Newark Museum illustrating Africa's diverse and sophisticated ancient Nubian civilization, which thrived from about 3100 BC to AD 900, in the region south of Egypt along the Nile. *Ancient Nubia: Egypt's Rival in Africa* is on view through April 17.

The exhibition documents the history of Nubia, with artifacts excavated from Northern Nubia, an area now completely flooded by the Aswan High Dam. The collection of artifacts, include ceramic vessels, jewelry, statuary, and funerary inscriptions that help to document the rise and fall of Nubian kingdoms, the richness and variety of their indigenous cultures, and the complicated relationships Nubia had with the pharaonic state of Egypt. Exhibition articles span 4,000 years and come from different regions within Nubia's 868 miles along the Nile.

On Thursday, April 7, 1:00-4:00 p.m. The Junior Museum will present continuous hands-on workshops, demonstrations, and storytelling programs related to the Nubian exhibition.

Other museum activities in March include Planetarium shows that answer questions about the stars, planets, and galaxies and outline the successful missions of the two Voyager spacecraft, narrated by Star Trek's Captain Picard; the 23rd Annual Newark Teen Arts Festival; weekend



A group of royal ushabtis, circa 690-653 B.C. from the Newark Museum Nubian Exhibit.

Family Activities that include making masks and moon calendars; jazz concert for kids; and the opening of the exhibition, *The Arts of Nubia*.

The Newark Museum is located at 49 Washington Street and is open Wednesday through Sunday from noon-5:00 p.m. Admission is free. For further information and a complete schedule of activities at The Newark Museum call 596-6550.

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Rincon Hispano

Un Programa De Salud En "New Community"

Hace más de un año y media, el Departamento de Salud otorgó un subsidio de más de un millón de dólares al Centro Médico del Hospital Unidos para manejar un programa de salud; y la corporación de "New Community" tiene un subcontrato para promover dicho programa por todo el condado de Essex. El programa de salud es para los que no tienen su propio médico y los que están usando las salas de emergencia para recibir tratamiento básico para las enfermedades que no requieren los servicios de una sala de emergencia. Nuestro objetivo es dirigir los pacientes potenciales a una de las dos clínicas, las cuales están localizadas en 194 Avenida Clinton y 233 Calle "West Market".

Para los que tienen seguro médico privado y satisfacen las "líneas directivas sobre el cuidado de Caridad" del Departamento de Salud del Estado de Nueva Jersey, ellos recibirán los servicios gratis. Por ejemplo, una familia de tres personas que están ganando \$23,780 de dólares cada año o menos recibirán todos los servicios gratis, es decir visitas a las clínicas, servicios preventivos de un dentista, por ejemplo rellenos, extracciones y limpieza de los dientes, visitas a la clínica para los ojos, una subvención/becca para lentes, transportación a las clínicas, recetas para medicinas, personal bilingüe.

Una persona no necesita ser un ciudadano de los Estados Unidos para participar en este programa, pero necesitan demostrar que viven en el condado de Essex. Se puede usar un pasaporte para identificación, y una cuenta de luz o teléfono para satisfacer este requisito. Si tienen preguntas sobre el programa o desean participar en este programa, llámanos al 623-9263 o 623-9314, en inglés, 623-9207 o pueden pasar a nuestra oficina entre 9 de la mañana hasta 4 de la tarde a 220 Calle "Bruce" en Newark.

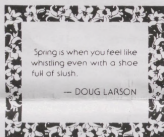
Servicios Para Los Que Tienen El Viro VIH y/o El SIDA

Existen muchos servicios para las víctimas de dicha enfermedad, por ejemplo viviendas, un servicio especial donde trabajadores arreglan y limpian las casas de dichas víctimas, transportación médica, y un programa donde trabajadores sirven a las víctimas comida "Meals On Wheels", y acceso a un programa para recibir tratamiento para los que están abusando de drogas y alcohol a "Casa de Don Pedro".

Usualmente, estas víctimas no tienen la fuerza ni la anima para llevar a cabo sus actividades como antes de ellos haber contagiado el viro "HIV" y/o el SIDA.

Además, existe un grupo de mujeres quien tienen esta enfermedad que se reúne semanalmente para compartir y hablar de sus sentimientos y experiencias que este enfermedad les ha causado.

Usualmente, las víctimas sufren una pérdida muy grande de sus amistades después de ellos hablar de su enfermedad. Para recibir más información del grupo de mujeres, se puede llamar a la señorita Aida Rodríguez, 624-0913. Para recibir más información de otros programas, se puede llamar a la Señora Debra Wertz a 623-6114.



Compassion At The Appropriate Time

Last September 1993, a man came into our office at 220 Bruce Street looking for access to a medical program which could help him in obtaining medical assistance for the problem he was having with his trachea. He had been involved in an accident a while back in his native homeland of the Dominican Republic. He is a legal resident in the United States and has a right to be here, just as many other foreign residents.

He spoke only Spanish, but fortunately, so do I; therefore I was able to explain to him the nature and scope of the UCHP/CIP Program and how we make applications for the Hill-Burton/Charity Care award through United Hospitals and he was able to receive treatment. Because his medical situation had worsened, he needed treatment at the emergency room and the award letter offset many of the medical expenses.

Last week this same man came to see us again to renew his Hill-Burton/Charity Care award letter and we asked him what had happened to him after we last saw him in the hospital emergency room at United Hospitals. He informed us that he stayed there approximately 10 days and has been receiving subsequent treatment at the clinic there.

I often ask myself, what would happen to these people if my colleague and I did not speak Spanish. Fortunately, we have been able to reach out to a population which frequently does not have access to many resources which are available in the community because of the language barrier.

Grupo De Jóvenes Junior

El Grupo de Jóvenes Junior de NC Hispanic Development Corp. está haciendo buen provecho de su asociación con la UMCA de Newark, localizada en el 600 Broad St. Hay clases de natación todos los martes y jueves de 4:00 a 6:00 de la tarde. La instructora, Alicia Stevenson, dio instrucción a los que no sabían nadar, y a esta fecha ya todos saben nadar hasta en la parte profunda de la piscina, que es de tamaño olímpico. Los jóvenes tienen oportunidad de mejorar su estilo y aprender formas de nadar en competición y de salvar vidas. Claro, siempre les queda un poco de tiempo para diversiones y

juegos acuáticos.

El director del grupo, el Hermano Tino Arias, Capuchino, está muy contento con los resultados. El hijo, "Ya habíamos venido a la YMCA en el otoño para las clases de Karate, y los niños se dieron cuenta de la piscina. Al enterarme que de todos los niños sólo uno sabía nadar, me convencí que esto valía la pena." Fuera de actividades como karate y natación, el Hno. Tino también ofrece ayuda tutorial, cada lunes y miércoles de 3:00 a 4:00 de la tarde en el salón comunitario de Manor Senior, 545 Orange St., Newark.



Tito Hernandez, Edgardo Jacome, Manuel Morales, and Angel Vasquez after completing the deep-end swim test. Way to go!

Hispanic Junior Youth Group Makes A Splash At The YMCA

NC Hispanic Development Corp.'s Junior Youth Group is making good use of its membership at the YMCA of Newark, located on 600 Broad St. They have swimming classes every Tuesday and Thursday from 4:00 to 6:00 in the afternoon. Alicia Stevenson, the swimming instructor, has been teaching them how to swim, and as of last month all of the members were swimming in the deep end of the olympic size pool. The youngsters are also learning different swimming strokes and special techniques for competition and lifesaving. Of course, there is always a little time at the end for fun

and games.

Br. Tino Arias, Capuchin, director of the Junior Youth Group, is very pleased with the results. He said, "We had already made use of the YMCA in the Fall going to Karate class, when the group found out about the pool. I then learned that in the whole youth group, only one knew how to swim, so I knew it would be a worthwhile activity."

Aside from activities like karate and swimming, Br. Tino also offers tutoring on Mondays and Wednesdays from 3:00 to 4:00 in the afternoon in the Community Room, at Manor Senior, 545 Orange St., Newark.

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Black History Notes

Black Women: Pioneers Of Army And Navy Nurse Corps Established In 1901

Researched By James E. DuBose

During the Spanish American War (1898), the army grew in size, and was unable to provide adequate numbers of medical personnel as a result. Army surgeons, as in all other previous wars, preferred male nurses. Only half the needed number of men could be raised. The Daughters of the American Revolution (D.A.R.) helped hire over 1,500 civilian contract nurses for the Army.

As in the Civil War, most of the casualties were caused by disease. The two most prevalent diseases were typhoid fever and yellow fever. During this period, blacks were assumed to be immune to typhoid fever, based upon racist assumptions of "long residence in warm wet climates and their thicker dark skin." Thus, when Philadelphia had been stricken by a yellow fever plague in 1793, a grateful white community received medical assistance from their black neighbors in the form of nursing and removal of the dead. Since the two groups lived apart, the whites failed to see those blacks who had fallen ill and died

returning to their homes.

This view of black immunity was so prevalent that black volunteer regiments during the Spanish American War were known as the "immunes." In 1898, the Surgeon General authorized Ms. Namahyoke Sockum Curtis, wife of the chief surgeon at Freeman's Hospital in Washington, D.C. to recruit black women nurses considered to be "immune."

When the war ended, the services rendered by the nurses had been so impressive that bills were introduced in Congress to create a permanent nurse corp in the Army. After much delay and many obstacles, Congress passed an army reorganization bill in 1901 which contained a provision for an Army Nurse Corps. For the first time, women were an official part of the army. A Navy Nurse Corps, was later established in 1908. In 1909, the National Association of Colored Graduate Nurses (NACGN) was founded to work for professional recognition of black nurses.

Security Officer Of The Month

This month's Security Officer of the Month is officer Troy Langley. Officer Langley joined NCC Security in November of 1992. Since that time he has proven himself to be a reliable addition to our security department.

Langley has worked many special details, such as the Hillary Clinton visit, the Gala Ball, and was previously part of the NCC Task Force, where his attention to detail and sense of duty led to several timely arrests. It is this same sense of duty that is at the root of Langley's being selected as NCC Security Officer of the Month.

On the evening of February 17th Langley was walking down Camden Street to relieve officer Gerald Mansare at the New Community condominium site when he observed an unidentified man assaulting Officer Mansare. Officer Langley immediately radioed a call for backup and assisted Mansare. Langley then also assisted in the apprehension of the suspect. He wasted no time as he dealt intelligently with a dangerous situation and his actions prevented officer Mansare from receiving any serious injury.



Security Director William Hicks presents a plaque to S/O Troy Langley.

Officer Langley has passed the Newark police exam, so he may not be with us much longer, but we're glad we've had the time together and maybe Langley will remember NCC when he becomes a "Big City Cop."

Allies For Youth Celebrates Black History Month



The Allies for Youth African Dance Troupe performed to the delight of residents at NC Gardens Senior building, 265 Morris Ave.

To celebrate Black History Month, our Allies For Youth African Dance Troupe performed in full traditional garb for the seniors at New Community Gardens at 265 Morris Avenue. The Dancers opened the act, with a greeting dance; they went on to perform a Celebration Dance and their finale with a special honor to the Elders and Ancestors. The seniors enjoyed the performance so much that they asked for the AFY dance troupe to return in the near future.

Our AFY students also attended a

Gala Gospel Extravaganza at UMDNJ where they sang before a packed house, "Yes Jesus Loves Me." Our AFY students were recognized and given certificates for their participation in the Black Heritage Essay Contest sponsored by the University of Medicine and Dentistry. Kalemah Williams won first place, Darksia Gunter won second place and Arlisha Richardson won third place. These students received special gifts for their efforts.

Swing Phi Swing AYF Poetry Contest Winners

The youth from the Allies for Youth After-School Program were able to participate in The Garden State Graduate Chapter of Swing Phi Swing Social Fellowship's first Annual Black History Month Poetry Contest. The contest yielded two winners that have received \$100.00 U.S. Savings Bonds in their names along with certificates of excellence. The two winners were Arlisha Richardson and Darksia Gunter, two very talented young ladies. They were very surprised to hear their names called and to receive their certificates and the \$100.00 U.S. Savings Bonds. They also had their names imprinted on a cake in their

honor.

Swing Phi Swing Social Fellowship Inc. is a non-profit community service oriented organization that prides themselves in enhancing academic excellence amongst our youth. The members of Swing Phi Swing also trust that this experience will push the youth forward to ensure a better education and brighter future for themselves and maybe thrust their peers toward that light.

Allies for Youth has proven to be a positive program because the youth have something to say and AFY gives them an opportunity to say it and show it in so many different ways.



Members of the Garden State Chapter of the Swing Phi Swing Social Fellowship pose for a photo with two very special ladies, Arlisha Richardson and Darksia Gunter were the proud winners of a Black History Month poetry contest sponsored by the Fellowship.

HERO OF THE HOUR

We read and daily experience the results of poverty, racism, family disintegration and community disorganization as the major reasons for crimes, causes of crimes against women, children and the elderly. Yet, the Bible teaches in the letter to the Hebrews (10:19-24), "Let us consider how to stir up one another to love and do good works." In spite of the reasons for crime in our homes and communities, there is a human quality stirred by divine force — a determination to love and to do good. That unwritten code of conduct dictates compassion and a pity towards others and supersedes reasons for caution.

Compassion and justice stirred in

the mind and heart of a young man who reacted to a fleeing perpetrator. A hideous beating of an elderly couple had just taken place, and the attacker attempted to escape arrest, when Stanley Johnson intercepted with a flying tackle. The Hero of the Hour, Stanley Johnson, lives and works in the Douglass Harrison complex. He is a man who can define himself rather than fit into the definition of others.

Stanley Johnson was born and educated in Newark. He enjoyed a normal childhood of schools, sports and family life. While in junior high school, Stanley was "pool" champion. Now, the power events of football, basketball and horse racing are his forms of

recreation after long hours of work. Before being employed by NCC, Stanley worked at various jobs as painter, plumber, wall and floor tiler, and shift supervisor at the Plastic Toy Factory in Milltown. Plans of someday owning his own business are in the near future. As a proud father of three sons, the eldest an honor student, he has high expectations for them with a sense of racial responsibility.

It is known that Stanley Johnson is quite "daff" with the "seasoning and spoon," with his mouth-watering dishes of beef ribs, greens, cheese macaroni, cornbread, cornbeef and cabbage. When asked about current events, Stanley is angered by the high

crime rate of Black youths, their waste of time and talent. He hopes that the new Health Care Program will include coverage for a wider range of illnesses, and that community pride will improve in the surrounding neighborhoods.

Certainly, Stanley Johnson is a person who can stir up in others the love to do good. Thank you for being the Hero of the Hour.

Sr. Helene Trueitt

"You never find yourself until you face the truth."

—Pearl Bailey

Student Of The Month

New Community's After-School Program Student of the Month is Demetria Wertz.

Demetria attends Newton Street School and is in kindergarten. Demetria enjoys playing, reading and



Demetria Wertz

watching her favorite television shows such as Bart Simpson and In Living Color.

Demetria hopes to become a doctor someday. "I like helping people," Demetria says, and there isn't anything wrong with that.

We congratulate Demetria and hope she follows her dreams and continues to strive for greatness!

Thashieka Curtis
Youth Services

World Of Foods Restaurant Honors Good Neighbor Of Month

Mrs. Lilian Brack is this month's Guest of Honor at The World of Foods Restaurant in the Pathmark Shopping Center on Bergen Street, Newark, N.J. This good neighbor believes in letting her "Little Light Shine" brightly in her community.

World of Foods Manager, George Wilson, invited Mrs. Brack to the restaurant to see where all of the good foods are prepared; to meet the chefs and staff and to taste the Southern, Chinese, Mexican or any other food she selects.

Mrs. Brack will also be presented with \$25.00 in gift certificates and receive any of George's special recipes.

Good Neighbor Of The Month: Lillian Brack

"It's your attitude." "It's how you treat people." How often these comments have upheld reasons for negative experiences in people's lives. But these same remarks in a positive sense single out Lillian Brack as Commons Senior's Person of the Month.

At a time when role models are critical for our disillusioned youth, Lillian Brack demonstrates refinement, respectfulness, and reliability. For the past five years, as caregiver in Babyland III, Lillian has cuddled the frightened, comforted the weepy, laughed with the joyful and coaxed the timid. These corporal works of mercy come naturally to a woman with a loving heart.

Because she tends to the youngest group — from three to twenty-four months — Mrs. Brack has the opportunity of participating in the formation of loving impressions and experiences for these children to draw on throughout life. Beyond the child-bearing age doesn't mean beyond the child-sharing age and our person of the month keeps that connection alive and active, admitting that it keeps her from getting too closed in on herself.

Besides connecting with the young, Mrs. Brack values her ties with her peers. As secretary for the Senior Advisory Council for the past four years, she faithfully fulfills her duties, and then some. Within the building she serves as floor captain and is an active member of the 140 club. Her associates benefit from her refinement, kindness and willingness to serve whenever and wherever needed. All this Lillian does while caring for her husband William, who has had more than his share of illnesses.



Lillian Brack

However, it is not Mrs. Brack's activities that we are applauding here.

Too often we equate productivity with value. What we note here is a presence that has inspired, uplifted, supported and sustained those who associate with her. It is not so much how much we do as it is how we do what we do.

The world situation is frightening. The violence tears us apart. Like a light in the window, an individual's loving exchange is a sign of hope. It invites another and the other welcomes another, and so it grows within our hearts, within our homes, our churches, our neighborhoods and our world.

Thank you, Lillian Brack, for being a presence of love, for communicating a bond of connectedness with others — for doing your part.

Sister Kathleen Coll

Special Ladies: Making Life Bearable

Special thanks to Emily Warren and Chaney Hayes.

Emily Warren is a driver for New Community Pathmark delivery service; another segment of her duties includes delivery of Meals on Wheels for New Community Social Services. These meals are delivered to a very special population who suffer from ter-

and warm heart. They not only provide meals and homemaking services, they are truly concerned with the clients well being. They keep Social Services abreast of any changes in the clients health status as well as living conditions and situations.

It's people like Ms. Warren and Ms. Hayes who through their dedication, continue to make the lives of clients healthy, happy and safe.

We thank you all from the deepest portion of our hearts. Ladies, you are



Emily Warren

minal illness, and oftentimes a lack of support from family and friends.

Chaney Hayes is also employed by New Community, in our Home Comfort program. She also serves this same population with homemaking services.

Throughout this very unpredictable winter season, these ladies have continued to deliver services with a smile



Chaney Hayes

truly the unsung heroes who make this often difficult, rocky road called life, bearable.

Debra Wertz
N.C.C. Social Services

Sr. Mary Ellen Begins New Role With Dominican Community

On January 4, 1994, The Dominican Sisters of St. Catherine de Ricci held the installation of their President and General Council for 1994-1997. Rev. Edward Hughes, Bishop of Metuchen, N.J. and a friend of the community, presided at the Eucharist and witnessed the ceremony held at the Dominican Retreat House, Elkins Park, PA.

Sr. Mary Ellen Bennett, OP, who has been part of New Community's Social Services Department for six years was installed as the Director of Personnel and Ministry, a position she held for eight years before coming to New Community.

The new council includes: Sr. Rita McManus, OP, President, Sr. Mary Ellen Bennett, OP, Director of Person-



Sr. Mary Ellen Bennett (seated left) formerly of New Community is flanked by members of the general council of the Dominican Sisters of St. Catherine de Ricci.

nel and Ministry, Sr. Aimee Ryan, OP, Director of Formation, Sr. Carolyn Krebs, OP, Council Member and Sr. Anne Lythgoe, OP, Council Member.

The Dominican Sisters of St. Catherine de Ricci were founded to meet the spiritual needs of women and serve in dioceses throughout the U.S.

Black Catholics Of Archdiocese Of Newark Sponsor Health Fair

On Saturday, April 16, 1994 from 9:00 to 1:00 p.m. there will be a Health Fair hosted by the Black Catholics of the Archdiocese of Newark. The Health Fair is being coordinated by the generous services of the Cathedral Health Care Community Relations Division.

The Fair will focus on caring for Health Care Center located at 135 South Center Street, Orange, New Jersey.

All are invited to attend. There will be testing and educational information available to cover many areas including, glucose, blood pressure, self breast examination, eye screening and much more. There will be refreshments provided by the Black Catholic Coordinating Team members.

The Fair will focus on caring for oneself and on preventive medicine.

Joyce Cook
Social Services

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Memories Of The Winter Of '94

Living in New Jersey it is easy to become acclimated to getting around in any type of weather situation. Winters are usually thought of as a picturesque time of year, a diversion from the sultry days of summer. Well, this winter of 1994 will definitely leave a permanent impression on the minds and hands of everyone of all ages. When the children tell you they are tired of the snow and days off from school you know enough is enough! The winter of 1994 has been described with many adjectives. Some that come to mind are; frigid, slippery, messy, mushy, troublesome, yucky, blustery and well, you get the picture. Lovers of snow saw this as a true test of one's endurance, patience and vulnerability. This has been a winter of record low temperatures, record snowfall amounts, record sled, record ice storms and record snow days for schools.

The records which are not mentioned are those made by persons who are dedicated to getting the job done. When schools and offices were not functioning there were groups of persons who made sure things ran as usual. Some of the groups I am referring to are associated with the New Community Corporation. You see, the name of "New Community" stands for so much, it means that there is something about it which makes it a step above the ordinary. The key ingredient which makes this step possible is the people — the employees and volunteers who give their all to keep the dream of community and unity alive. While the rest of the world are still seniors and handicapped persons who are hungry and need to receive a hot meal each day. Meals are delivered by a van driven by a New Community employee and assisted by a volunteer who hand delivers over 1200 meals to homes where seniors are isolated. Sometimes this person is their only contact with another person face to face. This meal is much more than just nourishment, it is also a means of socialization. Many thanks go out to the New Community Pathmark Shopping Center drivers who filled in some of the worst days as drivers for the meals. Special thanks to the manager of the delivery service without whose help and eagerness to schedule staff, the meals might not have been delivered. "Marylou," as she is affectionately known by all the clients, made certain the drivers knew the route and no one was forgotten along the way. She climbed over snowbanks and crept up steps to reach each client and hand out a meal, conversation and smiles.

The meals were kept warm by a faithful kitchen crew at 180 South Orange Avenue, New Community Associates, under the direction of Mrs. Magnolia Brown, who could have very easily stayed in bed and enjoyed the day lounging and keeping warm. However, she came to work to make sure that all the meals were properly prepared and not left with special care to arrive hot at their destinations.

For the homebound the weather can be cruel, especially when the way is virtually impassable. The staff of the New Community Home Friends, Home Health Aide and Congregate Workers proved to be world class performers. This hearty group of workers put aside their own discomfort as they donned boots, extra gloves and prepared to face the wind, sometimes blinding snow, icy walkways, and delayed buses. These workers arrive many times at their destinations already wet and frozen only to find that the client was in need of food or a prescription had to be filled. There were no complaints, and the workers would go back into the elements to per-

form the much needed tasks.

The cold weather was most unbearable this year and for many staying warm was a tantamount concern. This concern was met by a generous donation of warm winter coats for all ages from an outerwear factory in Rutherford, New Jersey. Many were made happy and toasty despite the zero degree weather. Families and seniors in many of the New Community complexes welcomed the fine coats which were leather, wool, ski parkas and many others. Neighboring residents also were in need and found a welcome relief from the elements through the donation. In particular was a family of five that had suffered a loss of everything due to fire. Mr. Jim Brawley, our friend from North Jersey, made several trips down to deliver a wide variety of bread items. The good weather is no problem for him and no one expected to see him on these bad days, but there he was like clock work. This too was a much needed service to the jobless people to families that had small children who were home many days from school and found that sandwiches were a favorite commodity. The supply of bread was near and plentiful. Many neighbors came and gathered up bags to take to seniors and handicapped persons who could not get out.

It is always uplifting to know that there is still a strong sense of caring and sharing and the idea that we are all brothers and sisters who should care for one another, is not just a myth. This is part of the philosophy of New Community which is genuine and can be found to be part of the original makeup of most if not all of the persons connected to the New Community network.

Winter 1994 — it may have been tough, but the spirit of the New Community Network was and is much tougher.

Joyce Cook
Social Services

FOOT FACTS:

*Don't Fool With
Frostbite Of The Feet
In Sub-Freezing
Weather*

Dr. Kenneth Frank, Podiatrist
Office Hours at St. Joseph Plaza
9-12 Mon.

9-12 every 2nd and 4th Sat.

When the feet are exposed to extremely cold weather for a long time they are in danger of frostbite, a painful condition that can result in permanent tissue damage or even the loss of toes.

If your feet are painful after exposure to cold, you could be in danger of frostbite. Another warning is when pain gives way to numbness. In either case, seek a heat source as quickly as possible, or move to a warm place to keep blood circulation. Never remove boots or shoes to examine your feet while still outdoors.

After you've gotten out of the cold, check the color of your toes. If the skin is white or blue-black instead of pink, you need immediate medical attention. A podiatric physician, specially trained in diseases of the foot, can save damaged toes if medically possible.

If medical attention is not available, warm the feet gradually (warm water is best), and massage them to stimulate the circulation. Analgesics, like acetaminophen or ibuprofen, will help ease the pain of warming up.

Insulated, waterproof footwear is the best way of preventing frostbite. Lace boots to the top, but not too tight. Socks should be thick, but not layered so thickly that circulation is lost.

Massage Therapist Offers A Way To Wellness

Massage is one of the most healthy, natural forms of mind-body therapy. It can both relax and energize you. Effective massage therapy can improve circulation, increase mobility, promote muscle tone and increase flexibility to stimulate overall muscle balance.

The person who makes this happen is Margaret Dougherty who is certified in Reflexology, Neuro Muscular Therapy, Therapeutic Swedish Massage, and Foot Reflexology. She found that the type of work she does, inclusive of deep muscle work and a subtle energy technique combined with Swedish massage, stimulates and refreshes the person as well as relaxes them. She is aware of a much greater interest in stress reduction by people of all ages and all walks of life.

The Therapeutic Massage can:

- Speed the body's recovery from injury.
- Sedate or stimulate a fatigued nervous system.
- Relieve tension, prevent soreness, diminish swelling.
- Improve muscular performance.
- Aid in the elimination of toxins from the body.
- Improve posture and increase flexibility.

Check with your medical professional or physician concerning medical conditions which can be helped through massage therapy. Always inform your massage therapist about any current or past medical conditions. Your therapist can then more accurately advise you as to the type of massage therapy which would be most beneficial for your particular situation, and tailor a program to meet your needs.

TYPES OF MASSAGE AVAILABLE

Swedish Massage A basic multi-purpose massage which begins and ends with long gliding strokes along the muscle fiber. Pressure is slightly increased during each upward stroke. As the muscles are manipulated, particular attention is focused on consistency of overpressure according to a person's muscle tone. Blood flow increases to the areas in need. The rhythm, manipulation and various applied pressure all combine to allow the person to release tension, anxiety and stress.



Massage therapist Peg Dougherty can massage your troubles away.

Cranio-Sacral Therapy A gentle, non-invasive technique for finding and correcting cerebral and spinal imbalances or blockages that may cause sensory, motor, or intellectual dysfunction. Its positive effects rely on the person's natural self-corrective physiological activities.

Neuromuscular Therapy A system of working with trigger points, or congested spots, in muscle tissue, which radiate pain to other areas. Significant relief results when the trigger point is treated. The techniques used in NMT are similar to those in Shiatsu or acupressure, but it is based on western anatomy and physiology. NMT enhances the function of joints, muscles and movement, and releases endorphins, the body's own natural pain killers.

Reflexology An ancient holistic healing technique used today to accelerate the body's own healing ability by massaging the feet. It is also used for preventive health care by relieving the body of stress.

Why not set up an appointment today if you would like to try our services. **Massage Hours:** Monday 4:00 p.m.-9:00 p.m. Friday 8:00 a.m.-2:00 p.m.

How do I schedule a massage? Sign up at the Spa at 233 West Market St., Newark, N.J., or call 624-7373 or 623-2800.

BLUE PLATE SPECIALS

LUNCHEON BUFFET

11 A.M. - 2 P.M. - Monday thru Friday

ALL-YOU-CAN-EAT - \$4.95 PLUS TAX

FEATURING FOODS FROM

NATIONS AROUND THE WORLD

MONDAY - Italian

TUESDAY - Chinese

WEDNESDAY - Mexican

THURSDAY - African

FRIDAY - Seafood

THE WORLD OF FOODS

in the NCC - PATHMARK SHOPPING CTR.
131-185 Bergen Street, Newark, New Jersey
(201) 242-8012

Strategic Planning For St. Rose School...

(Continued from front page)

Leverett, who acted as facilitator for the sessions. Outside consultants included Mary Farrell, Fairleigh Dickinson University and Jack Nonnan, Bloomfield College.

Intense Sessions Generate Results

Beginning after dinner on Wednesday evening, the group began its work. Larry Leverett, NCC's Director of Learning, offered an overview of the tasks that lay ahead and delivered a keynote address on priorities necessary to achieve excellence in education. Participants each stated their expectations for the retreat.

At 8:00 a.m. on Thursday, Tom Brier of IBM offered an exciting presenta-



Larry Leverett, NCC's Director of Learning, elicits responses from participants at the Strategic Planning Retreat and compiles one of dozens of lists that become raw material for further discussion.

tion on implementing change. Using all the resources of the high-tech classroom, including electronic input from the participants which was converted instantly into a multi-colored bar graph projected on a huge wall-screen, he helped them to ascertain that they as a group felt they had a very high ability to either deal with or make major changes—a good omen for

the type of work that lay ahead! Students Speak Out For Change

Five present and former students from St. Rose School arrived at Palisades on Thursday morning to participate in a student roundtable. Accompanied by faculty members Geraldine Wise Covington and Sandra Britton, the participants included seventh graders Tia Morrison and Leslie Hines, eighth grader Phillip Patton; Reynaldo Jackman, Class of 1992, a tenth grade student at Seton Hall Prep and Edgar Nemorin, Class of 1986, a senior at Rutgers University.

Each panelist offered some prepared initial statements, inviting the adults present with both their poise and candid remarks. They enumerated changes they would like to see happen at St. Rose, many of which reflected the idealism of youth. These included preparation for their futures, extracurricular activities, curriculum, equipment, instruction, facilities, and other issues.

The two graduates felt that St. Rose had prepared them for their secondary school in curricular areas, but cited some weakness in extra-curricular and sports preparation. The younger children offered wish lists of amenities they would like to enjoy at school such as a breakfast program, physical education, drama, instrumental music and study halls. All of the young panelists emphasized that the teachers in St. Rose School "are for us."

The students also participated in the next activity, an articulation of the group's beliefs about teaching and learning at St. Rose School, leading to the formulation of a new mission statement.

Seeking A Mission Statement

After lunch, the young people and their chaperones departed for home, and the group returned to work for another five-and-a-half-hour session.

Prayer And Song Shared By Two St. Rose Schools

Across the nation, Catholic schools traditionally celebrate the good news of Catholic education during the first week of February. This year's observance was distinguished by an exchange of friendship and music with students from two St. Rose of Lima Schools in the Archdiocese. The choir members and 7th grade class and teacher Camilus Ventour from Newark's St. Rose spent a morning with band members and 7th graders at St. Rose of Lima in Short Hills.

The students were welcomed by

Short Hills Principal Miss Margaret Hanlon and then enjoyed a bagel and juice breakfast allowing some get acquainted time together. The highlight of the day was the singing of a repertoire of gospel songs by the Newark St. Rose choir under the direction of Ms. Emily Rose-Jukes. A prayer service followed, led by Short Hills St. Rose music director Charles Picio.

The students hope to exchange letters and another visit in the spring of this year.



Making new friends are (left to right) James Panepinto, Almunos Cosby, Lisa Johnson and Tia Morrison. The students from St. Rose of Lima in Newark and Short Hills joined together in song in observance of Catholic Schools Week.



Looking like delegates to the U.N., the planning team members concentrate on the task at hand during one of their intense sessions while participating in the two-day retreat.

They dealt with: internal analysis of strengths and needs; competition and an external analysis. The result was a rough draft of a mission statement that they could work on the next day.

The evening they heard a presentation by a guest speaker, Sophie Sa, Executive Director of the Panasonic Foundation, Secaucus, N.J. The group had already received copies of her article "We Know What Good Schools Look Like, Don't We?" and looked forward to hearing her. They were not disappointed.

On Friday, participants affirmed the mission statement and moved on to establishing goals and objectives with

such dedication that they missed lunch! The final step was to settle how the content of the sessions would be disseminated to the school community and others, and also to form a committee to carry on the work that the Strategic Planning Retreat had begun. By 2:00 the planners were wending their way through pristine fields of snow on their way home for a well deserved weekend.

All involved praised the hospitality that IBM extended during their most enjoyable stay at the Palisades facility. Service, staff and facility were all as close to perfection as may be found on earth!

***** Community Service: The Great Reward *****

During my fall semester at Bloomfield College I had the incredible opportunity to do a community service internship at St. Rose of Lima School in Newark. When I initially agreed to do the course I was excited. But as the days grew closer, I regretted my decision. I had never really had patience with children. I thought that I'd blow my stack and walk out of the class on the first day.

My first day at St. Rose was undecipherable. The kids, the staff, the school itself were unbelievably NICE. The inspiring attitudes and imaginations of the children took me by surprise.

Gae Brunner, our teacher, was a great inspiration. Her poise and soft style eased the children as well as the assistants. She read stories and gave the children great ideas to help create their own original story or poem.

While we were there, we assisted the children with writing, spelling and grammar. The children are intelligent. They developed great stories. There were some children who created stories with vivid images and dialogue. They displayed techniques that many adult students do not possess.

Reading, Writing, Service

Chekesha Coon, Esther Lee, and I assisted Mrs. Brunner in Mrs. Pettiford's second grade classroom and Sister Joan Lorraine's third grade classroom. In the second grade classroom we helped the students with reading and comprehension. We separated the children into groups, so there could be a more 'personal' learning relationship. While we were in these groups the children read stories from their reading books. After they finished they were quizzed on words and details about the stories.

In the third grade classroom we

focused on their writing skills. The children wrote stories, letters and poetry. Their ideas were so broad. One student wrote about a young boy's travels through Africa. All of the stories were vivid and extremely descriptive. As an added bonus for the children Mrs. Brunner gave them an opportunity to have their work published in a children's magazine.

This community service project was a rewarding experience. My tolerance and patience has improved since I've been with the children. I have become more aware of the importance of education by witnessing the growth of the students in the classes. In addition, I feel good knowing that the children and teachers at St. Rose appreciated us. The enthusiasm from both groups made the experience more fulfilling.

The rewards did not stop there, however. Thanks to the support and guidance of Gae Brunner, I had the opportunity to attend a meeting with members of the NCC Executive Team. Following this meeting I was given a chance to interview with Kathy Spivey, the Director of Staff Development and Training at NCC. Ms. Spivey saw potential where none else had seen it. Unfortunately, at that time I was unemployed and looking for work. But, not to fret NCC was there, once again. Ms. Spivey reviewed my resume and afterwards offered me an Administrative Assistant position.

It was not for the community service internship and the encouragement from Gae Brunner that I may never have had the wonderful opportunity to be a part of NCC.

Note: The community service internship is being offered again at Bloomfield College this semester as a result of its success in the fall.

Angeliqe Tindal